Module 2- Communicating and interacting for health and wellbeing

- Investigate how empathy and ethical decision making contribute to respectful relationships.

2A- Week 17: Relationships

In this lesson, students will be given an information sheet with the characteristics of a healthy relationship. The students’ task is to individually come up with characteristics of an unhealthy relationship. The students may share their answers as a whole once everyone has finished.

RELATIONSHIP CHARACTERISTICS

Some important characteristics of a healthy relationship are identified below.

- Closeeness
- You are caring and loyal.
- You trust your partner.
- You share your feelings.
- You support your partner during illness or during stressful times.

- Shared Goals and Beliefs
- You share beliefs and values.
- You recognize and respect differences in each other.

- Shared Experiences
- You share common interests and friends/acquaintances.
- You talk about your experiences and accept and respect each other’s individual interests.

- Communication
- You are honest with each other.
- You listen to each other.

- Respect
- You use respectful language and do not act in ways that demean your partner.
- You understand your partner’s wishes and feelings.
- You are ready to compromise—to meet your partner halfway.

- Humour
- You and your partner enjoy being with each other and can laugh together.

- Affection
- You show your partner you care.
- You show each other affection in many ways.

* Source: Sexuality Education Resource Centre, 2006. Adapted with permission.

REFERENCES

For additional information about healthy relationships, refer to the following websites:


For website updates, please visit Websites to Support the Grades 11 and 12 Curriculum at <www.edu.gov.on.ca/t32/curriculum/11/>. 
2A- Week 18: Relationships

Using the relationship characteristics the students came up with last lesson, individually, they must choose three of their own relationships that they believe they need to improve on. This task is individual, and students do not need to share their responses with the class.

Examples for an unhealthy relationship:

Characteristics of an Unhealthy Relationship

Relationships generally start out with good intentions. As relationships develop, disagreements and conflicts will arise. Conflict is not necessarily negative if we deal with it appropriately. How we deal with conflict is based on a given situation, as well as on previously learned behaviours.

In some conflict situations, people may use behaviours that are considered unhealthy or abusive, and may include the following:

- **Emotional**: making degrading comments, ignoring, isolating, controlling friendships and/or activities, threatening
- **Physical**: slapping, punching
- **Sexual**: unwanted touching, forced or coerced sex
- **Financial**: taking or withholding money, controlling spending

These abusive behaviours will be examined more closely in Module E, Lesson 3.
2A- Week 19: Ethical Behaviour

In this lesson, students will explore the concept of ethical decision making.
- Begin the lesson with a general discussion about the topic of ethical decision making.
- Ask students if they have ever had to make an ethical decision.
- The following questions are designed to stimulate critical discussion between students.
- Have students discuss how they would answer the questions in small groups.
- After each question enter into a whole class discussion to see what they have come up with.
2A- Week 20: Family Decision Making – The family budget

This lesson is designed to give students an insight into the many budget decisions their parents make on behalf of the household. Students are to complete this task individually.

- Students will be asked to choose a number between 500 and 1000 and write it down. The number they choose is their monthly family income.
- Although this task is very mathematics based, it will give the students an insight into the many expenses their parents have. It will also help them to realise the decisions parents have to make that will best benefit their families.

<table>
<thead>
<tr>
<th>Needs</th>
<th>Wants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groceries: $100.00</td>
<td>Clothing: $100.00</td>
</tr>
<tr>
<td>House Payment: $500.00</td>
<td>Entertainment: $120.00</td>
</tr>
<tr>
<td>Electricity: $75.00</td>
<td>Cable: $30.00</td>
</tr>
<tr>
<td>Car: $250.00</td>
<td>Savings: $200.00</td>
</tr>
<tr>
<td>Car: $370.00</td>
<td></td>
</tr>
<tr>
<td>Gas: $100.00</td>
<td></td>
</tr>
<tr>
<td>Car Insurance: $100.00</td>
<td></td>
</tr>
</tbody>
</table>

Savings = $1200.00

1. Total the family’s income for the month. __________

2. Determine how much money is left after the needs have been met. ______________

3. If there is no money (or not much) left for your wants and goals, decrease these items
   Accordingly. (NOTE: You cannot change your needs in any way. The only way to eliminate
   A need would be for another family in the room to agree to buy it and for them to
   Add it to their budget.)
   List changes here:

4. Decide how this family is going to save. Be specific about the form of savings.

5. What other needs, wants, or goals should be added? Figure those into your budget and list
   Below:

6. Unforeseen Economic Forces and Their Effects: Inflation
   
   Which needs and wants would increase in price with inflation?
   
   How would the budget have to be adjusted to combat the effects of inflation? Be specific.

7. Unforeseen Economic Forces and Their Effects: Unemployment
   
   The member of your family who makes the least amount of money is fired/laid off for four months with only
   $300.00 a month in unemployment. What effect will this have on your family? Be specific about the changes
   that will need to be made to the budget.
   
   Can you get to your savings? (Is it accessible?)
   
   If this family member were out of work for six months, would the family survive?

8. Unforeseen Expenses and Their Effect: Babies
   
   A new baby is to soon enter the household. Budget into needs $200.00 for daycare, $80.00
   For formula/baby food, and $30.00 for diapers.
   
   In what other budget areas might adjustments have to be made to accommodate the new
   Family member? Be specific.
   
   How does the new edition to the family impact the "family" budget? Explain.